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November 2006

The NEBLINE, November-December 2006

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NEBRASKA-FRIENDLY LANDSCAPES
Acreage Insights Clinic
Nov. 16 in Lincoln
— see page 7



LAST CALL FOR 4-H SCHOLARSHIPS
More than \$5,000 in college scholarships are available to 4-H'ers!
Applications are due Jan. 1
— see page 8

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council
University of Nebraska-Lincoln
Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1507

Extension Offers Guardianship Trainings Mandated By the Nebraska Supreme Court

Maureen Burson
UNL Extension Educator

In Nebraska, more than 2,000 guardians/conservators are appointed each year. A Guardian is defined as a person who guards or keeps safe and secure a minor child or an adult whom the law regards as incompetent to manage her/his own affairs. A Conservator is a person appointed by a court to manage the estate (money and property) of a protected person.

In 2003, a grassroots task force of concerned Nebraska citizens, courts, elder and disability-serving groups identified a need for improved statewide education of newly-appointed Guardians and Conservators. At that time, Douglas County had the only active guardian/conservator educational class, which was offered by Volunteers Intervening for Equity (V.I.E.).

The task force asked University of Nebraska-Lincoln Extension Educator Eileen Krumbach to coordinate development of an educational training for Guardians/Conservators which could be offered statewide. Several agencies and individuals collaborated in the three-year process. Partners included the Administrative Office of the Courts, Nebraska State Bar Association Volunteer Lawyer Project, the Arc of Nebraska, Nebraska Health and Human Services Adult Protective Services, Nebraska Developmental Disabilities Planning Council/HHS, Region V Services and some Guardians.



Participants receive a certificate of completion to show judges they have completed the mandatory training.



UNL Extension Educator Eileen Krumbach (center) and volunteer attorney Bill Chapin (right) presented a Guardianship Training in September at the Lancaster Extension Education Center.

UNL Extension began presenting statewide Guardian/Conservator trainings on January 1, 2006. The trainings fulfill the mandated guardian/conservator education requirements set by the Nebraska Supreme Court (in a few situations, the mandate is waived by judges). The class is offered quarterly in all Judicial Districts other than Douglas County and monthly in Lancaster County. V.I.E continues to offer monthly classes in Douglas County.

The three-hour training provides participants with detailed information, including: quick reference sheets, inventory checklists, annual reporting forms and others. At each training, a volunteer attorney through the Nebraska State Bar Association is onsite to answer general legal questions.

Following the class, participants receive a certificate of attendance to file as proof of completion with the county court.

Offered Monthly In Lincoln

Guardianship Training is offered monthly at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. They will be held on Nov. 21, Dec. 12, Jan. 23 and Feb. 20, 5:30-8:30 p.m. Call (402) 362-5508 at least two days prior to the training date to register. Cost is \$15. For statewide training dates, go to <http://extension.unl.edu/guardianship>

As of September, more than 600 participants statewide (155 in Lancaster County) have completed UNL Extension's Guardianship Training. Participants report they gain a better understanding of guidelines regarding responsibilities, legal aspects and obligations to both the Ward and the court. They also gain a better understanding of finances and forms required by the court annually.

Evaluations from participants repeatedly indicate, "While I did not want to have to go to this class, I am very glad I did. I learned a lot. I know what I need to do now as a Guardian. Thank you!"

Guardianships Happen for Variety of Reasons

Unexpected things happen. Kari, 23 years of age, became Guardian of her father as a result of an automobile accident in July. Her mother and grandmother both died in the accident. Her father, Dennis Banish, is undergoing treatment at Madonna Rehabilitation Center. Many people such as Kari who participate in the UNL Extension Guardian/Conservator Training are faced with decisions which are hard to imagine until they actually happen.

Kari says, "I woke up and I was 23 years old and the next day I was 45," explaining her instant responsibilities. My mom and dad have always been there for us, so of course we will be there for them.

"I'm the oldest of three children and I feel like Guardianship is my responsibility.

I'm also personal representative for my mom's estate.

Kari and her husband relocated from Ogallala to her childhood home in Filley to help out with her dad and 15-year-old brother. Her 22-year-old sister, Kelly, returned from Maryland to help.

"This class helped me figure out my legal obligations as Guardian to my father and to the court," says Hill. "I learned a ton. A key point was how to complete the paperwork, and when and where to send it."

People are appointed Guardians and Conservators for a variety of reasons. Of

This class helped me figure out my legal obligations as Guardian to my father. I learned a ton.

—Kari Hill



Kari Hill (right) became the guardian of her father, Dennis Benash (left) after a car accident severely injured him. He holds artwork by his 15-year-old son.

the 13 participants at a recent Guardian/Conservator Training, seven were grandparents. More than 781 children are being raised by grandparents in Lancaster County (based on Census Data). Reasons see *GUARDIANSHIPS* on page 10

Pruning Ornamental Plants

Mary Jane Frogge
UNL Extension Associate

March through May is the best time for pruning trees, junipers and flowering shrubs. Leaves are gone from the deciduous plants so we can see the branching structure and determine where cuts should be made. Healing occurs most rapidly when growth is starting in the spring, so wounds caused by pruning are quickly healed.

Annual, light pruning is better than occasional, heavy pruning—it is easier on the plant and easier on the pruner. It is also easier on the pocket-book if we hire the work done. Size, shape and health of plants can be maintained by annual, light pruning if we start when plants are small and follow our pruning program faithfully.

If trees or specimen shrubs have grown too large or too full and heavy pruning is necessary, do the work in two or three annual steps. Again, it is easier on the plant, pruner and/or the pocketbook.

Early flowering shrubs (spiraea, lilac, forsythia, mock orange, shrub roses, flowering plums, flowering quince, and flowering cherries) are best pruned immediately after they flower. Flower buds of these plants develop late in the summer and open the following year. Spring pruning would

remove many of the flower buds before they have a chance to bloom.

Basic Requirements for Pruning

The common sense and safety requirement is most important. Pruning tools, sharp sticks, stumps and dropping limbs are dangerous. The person pruning must be alert for his own safety and of others. Plants can produce a new limb but people cannot.

Use tools that fit the job. Hand pruners for branches up to three-fourth inch in diameter, lopping shears for those up to one-inch and saws for anything larger. Sharp tools are a must. Use a small file to touch up cutting blades after every 5 to 10 cuts. Clean, smooth cuts can then be made easily and they will heal quickly.

Make cuts close to the trunk or branch which is being left, but avoid a scalloping cut. Stripping of bark and splitting can be avoided by undercutting any branch that is large enough to require sawing and placing the cutting edges of the pruners against the under side of smaller branches to be cut.

Look ahead, but be decisive. First, remove all dead, broken, diseased or crisscrossing branches. Starting from that point, consider the size, form and density you desire. Remove stems and branches that do not

contribute to the mental image. Try to anticipate the change that will occur when a particular cut is made then make the cut. Remember a plant can soon cover up most pruning errors.

Pruning Systems

It is difficult to improve on the natural shape of a plant, so it is recommended size reduction through two pruning systems that retain the original form of the tree or shrubs.

For specimen shrubs and for natural form hedges:

Annually remove about a third of the oldest, tallest stems plus weak sucker shoots and a third of the strong new shoots. Leave strong new shoots that are within the size and shape limits desired. This approach will insure an adequate supply of young, healthy flowering stems and yet keep the size of the plant within bounds. This system works with red or yellow twig dogwood, lilacs, flowering almond, mock orange, forsythia, deutzia, viburnums, cotoneasters, spiraea and privet.

For evergreen shrubs, small trees and shade trees:

Prune over-size branches back to a smaller branch growing in the same general direc-

tion as the part removed. This procedure, called “drop crotch-ing,” effectively reduces height and spread without changing the form of the plant. Plants for this system include:

Spreaders: spreading or horizontal junipers, yews

Uprights: yews, boxwood, eastern red cedar

Deciduous trees: tree cotoneasters, tree euonymus, flowering crabs, mountain ash, redbud, golden rain tree, hawthorn, tree lilac, green ash, hackberry, elms, linden, cottonwood, maple, birch, oaks, nut trees and locust

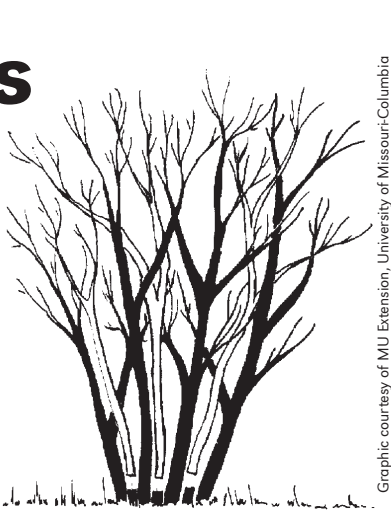
Renovation

If a deciduous hedge has grown too large and leggy, cut the hedge to the ground and shape the new growth devel-

oping from the crowns of the plants. Shaping can be done by shearing or by selective pruning when the new growth is 10 to 15 inches tall. The base of the hedge should be kept wider than the top. Allow about 3 years to regenerate a 3 to 4 foot hedge of cotoneaster or privet.

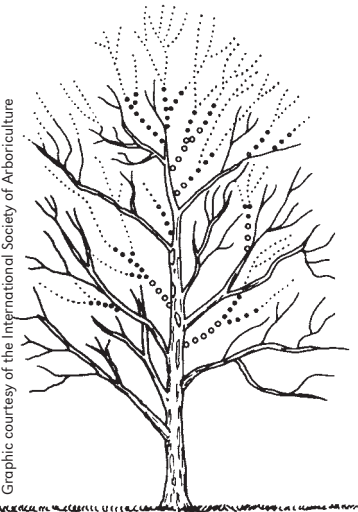
Specimens of finely branched shrubs which are very overgrown can be handled as described for a hedge. Cut to the ground line after plants go dormant and reconstruct the plant using new growth from the crown. Spiraea, little leaf mock orange, shrub roses and flowering quince are some examples. You will lose one or two years of flowering when this approach is used.

Source: Roger Uhlinger




Graphic courtesy of MU Extension, University of Missouri-Columbia

For specimen shrubs and natural form hedges: annually remove about a third of the oldest, tallest stems plus weak sucker shoots and a third of the strong new shoots.



Graphic courtesy of the International Society of Arboriculture

For evergreen shrubs, small trees and shade trees: prune over-size branches back to a smaller branch growing in the same general direction as the part removed.



Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

After the ground freezes, mulch small fruit plants such as strawberries. One-inch of straw or leaves is ideal for strawberries.

Remove all mummified fruit from fruit trees, rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce reinfestation of insects and diseases the following season.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts, and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

Order seed catalogs now for garden planning in January. For variety, consider companies specializing in old and rare varieties of wild flowers.

Bring out the bird feeders and stock them with bird seed. Remember to provide fresh water for the birds too.

Place Christmas trees away from fireplaces, radiators, heat vents or anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

Minimize traffic on a frozen lawn to reduce winter damage.

Inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

Start reviewing your garden notes to help with next year's plans.

Check fruits, vegetables, corms and tubers you have in storage. Sort out any showing signs of rot and dispose of them.

Spark Up the Fireplace with Color

Gathering around a warm, cozy fireplace can be a treat on cold, blustery winter evenings. For additional enjoyment, a variety of festive colors can be enjoyed by treating fireplace logs with various chemicals. Evergreen cones, corncobs, small blocks of wood, rolled newspaper or sawdust also can be easily treated and used for fireplace fuel.

Most of these chemicals can be found in a grocery or dry goods stores. Epsom salts, borax and calcium chloride may be found in the laundry or cleaning supply sections. Potassium chloride is used as a salt substitute and may be found in the spice section. Look for copper sulfate where swimming pool supplies are sold. Less common chemicals, such as copper chloride, might be found in a drug store or chemical supply store. Others, such as strontium chloride, can be obtained from businesses specializing in fireworks or rocketry supplies.

The chemical colorant should be completely dissolved in water before treatment. For powdered or granular colorants, stir in the colorant until

Flame color	Chemical to make the color
White	magnesium sulfate (Epsom salts)
Crimson	lithium chloride
Red	strontium chloride
Orange	calcium chloride (bleaching powder)
Yellow-orange	baking soda
Yellow	sodium chloride (table salt)
Yellow-green	borax
Bright green	powdered boric acid
Green	copper sulfate
Blue	copper chloride
Purple	potassium chloride (salt substitute)
Violet	three parts potassium sulfate, one part potassium nitrate (salt peter)

no more will dissolve (roughly 1 part chemical to 3 parts water). Warm water may help dissolve the colorant. Soak the fuel material for a day or more and allow the fuel to dry before burning. It is recommended a wooden, earthen or plastic container be used for mixing and soaking, as metal containers may be damaged by some of the chemicals. Fuels to be treated may be placed in a mesh or porous bag, weighted down and submerged in the solution.

If handled properly, these chemicals are not dangerous to work with or burn. However, a few precautions should be

- taken:
- Wear rubber gloves when handling chemicals.
 - Prepare only as much coloring solution as needed at one time and do the work outside.
 - Store chemicals in tightly sealed containers away from children and pets.
 - Burn treated fuels only after the fire has a good start and developed a healthy draft.
 - Do not use treated fuels for cooking food.
 - Burn treated fuels only in a standard fireplace, not in a wood stove.

Source: Dennis Adams, Nebraska Forest Service

Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to <http://extensionhorticulture.unl.edu> and submit request.

Test Nitrogen Levels this Fall, Begin Planning for Spring Fertilization

Tom Dorn
UNL Extension Educator

Producers will be applying nitrogen fertilizer to fields going into corn or sorghum next year. High fertilizer prices and tight profit margins make it imperative to apply only as much nitrogen as needed for optimum economic yield. Soil sampling for soil nitrogen levels following harvest will determine nitrogen levels already present in the soil so the producer can apply only the amount required.

Fall is a convenient time for farmers to test nitrogen levels because they have the winter to develop a fertilizer plan before spring planting. “The purpose of nitrogen testing isn’t to determine whether or not nitrogen exists in the soil, but to determine how much nitrogen is available for plant use,” according to Charles Shapiro, extension soils specialist. “Nitrogen carry-over should be relatively high this year due to the drought,” Shapiro said. “In situations where yields were low, a lot of the nitrogen didn’t get used.”

One benefit of high carry-over nitrogen is it is available for crop uptake next year and can be used to modify fertilizer recommendations. There are some environmental conditions that would reduce soil nitrogen in the spring compared to the fall, but if conditions do not get excessively wet, then the fall soil tests should be valid.

The fall moisture received over much of southeast Nebraska this fall may actually have a positive effect on nitrogen levels. Moisture levels, especially in the upper portion of the root zone were sufficient in many areas to cause increased soil microbial activity this fall. The increased microbial activity results in higher rates of mineralization of organic matter thus increasing the amount of plant-available forms of nitrogen.

It is important to take soil samples correctly. Soil probes are inexpensive and I would encourage every producer to buy a probe so it is available throughout the year. If you don’t have a probe to pull soil samples you can borrow one from the extension office by leaving a deposit that is returned when you bring the probe back (call ahead as we have a limited supply of “loaners”). We also have sample boxes and information forms for the soil testing laboratory at UNL.

Each distinct soil (upland, sidehill, bottom land) should be sampled and analyzed separately. Collect 10-15 cores from each unique soil type and sample depth to create a composite sample for testing. The topsoil should be sampled down to the eight-inch depth. When testing for carryover nitrate nitrogen, at least one (preferably two) subsoil samples are needed in order to get an accurate estimate of the total nitrate in the root zone. Most commonly, the first subsoil sample will be taken from the 8- to 24-inch

depth and if a second subsoil sample is taken, it may extend down to the 36-inch or even the 48-inch depth. Be certain to mark the depths on the form and on the sample boxes.

Most often, people will test the topsoil sample for pH, Phosphorus, Potassium and Organic Matter and nitrate. Plus one or two subsoil samples usually (8- to 24-inches) and (24- to 36-inches). Select Option 3 on the UNL Soil Sample Information Sheet—cost is \$16.00.

If recent topsoil tests have been taken, one could opt to test only for carryover nitrate-nitrogen in the topsoil plus up to two subsoil depths. Select Option 5 on the UNL Soil Sample Information Sheet—cost is \$8.

You may bring the sample boxes, completed information sheet and a check for the testing fee to the extension office and we will deliver the samples to the University testing lab for you. If the producer completes the information form, UNL will make fertilizer recommendations based on the previous crop history and the soil test results for up to three possible crops and/or yield estimates.

FOR MORE INFORMATION
UNL Extension NebGuide G174, “Fertilizing Suggestions for Corn,” available online at <http://www.ianrpubs.unl.edu/sendIt/g174.pdf> or at local extension offices.

Free Soybean Cyst Nematode Sample Kits Available

While soybean rust has been in the spotlight since November 2004, soybean cyst nematodes (SCN) cause the greatest losses to U.S. and Nebraska soybean producers. In many cases, producers are not familiar with SCN or only look for it when there is a problem in a soybean field and all other possibilities have been eliminated.

To increase the awareness of SCN and better define its distribution, the Nebraska Soybean Board provided funding for free sampling kits (\$20 value) to be distributed through extension offices to farmers in counties where soybeans are grown.

Each kit contains a bag for you to submit a sample to the Plant & Pest Diagnostic Clinic at the University of Nebraska–Lincoln and directions for collecting a soil sample. You will need to collect a soil sample and submit it to the clinic by December 31, 2006 to take advantage of the free offer.

You can sample for SCN any time during the year.

After harvest is a good time to sample if a field didn’t yield as expected and you can’t attribute the lower yields to any other factor such as weather, flooding, insect infestations or weed pressure. During the growing season, if you notice areas in a field where the soybeans don’t look as healthy and it can’t be explained by any of the factors above, it is also a good time to sample.

Since there is a limited quantity of these kits available, they will be distributed on a first-come, first-served basis to farmers stopping by the extension office to pick them up. To benefit as many farmers as possible, limit one kit per farm operation.

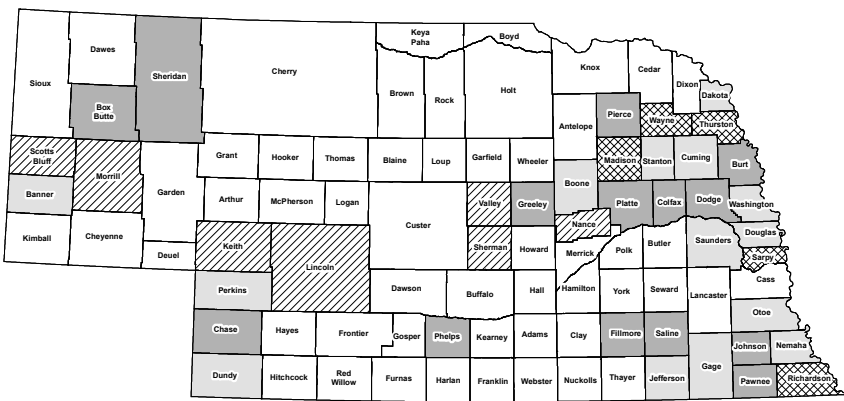
FOR MORE INFORMATION
UNL Extension NebGuide G1383, “Soybean Cyst Nematode Biology and Management,” available at the extension office online at <http://www.ianrpubs.unl.edu/sendIt/g1383.html>

Farming No-Till Increases for Major Nebraska Crops, Better for Environment, Fuel Saved

The planting of corn and soybeans “no-till” is estimated to have increased by about 12 percent in the last two years (2004 to 2006) according to observations by Natural Resources Conservation Service and extension staff.

“In about 40 counties, staff reviewed several hundred sites totaling nearly four million acres of corn and 2.5 million acres of soybeans after planting last spring. That’s a pretty good indicator that farmers are seeing the benefits of planting no-till,” said Steve Chick, NRCS State Conservationist. No-till planting means the soil is left undisturbed from the previous year and the new crop is planted directly through the residue into the soil in the spring.

Smaller, but still significant no-till farming gains were found in wheat and sorghum crops. There was an estimated six percent increase in wheat planted no-till and a seven percent increase in sorghum planted no-till. Most of the wheat gains were in fall-planted wheat in southeast Nebraska.



Legend
No-Till as a percentage of total planted corn acres
0 - 25 26 - 49 50 - 74 75 - 100 Not Surveyed

“These numbers are not scientifically collected, but are an indicator of what we hope is a bigger trend statewide,” said Chick. “There isn’t any other data like this available. Staff time commitments just didn’t permit us to collect data from all 93 counties this year,” he said.

Another great benefit of no-till is the fuel savings. For example, our figures show a 500,000 acre increase in no-till corn planted over the two years in the 40 counties. “Total corn acres planted remained about the same. Depending how those acres were planted the year before the minimum fuel savings

would be 470,000 gallons. At \$2.50 a gallon, that’s a savings of \$1.2 million to those farmers,” said Chick.

“There are more benefits like the build-up of organic material in the soil, less soil erosion and less time of the farmer spent planting,” said Chick.

“It’s important to recognize these gains now at harvest time. Leaving this year’s crop residue on the soil surface is the start of the “no-till” season. Any cultivation from here on destroys these gains,” said Chick.

Source: Natural Resources Conservation Service

Computerized Farm Financial Recordkeeping Workshops

After a two-year hiatus, Computerized Farm Financial Recordkeeping workshops will once again be offered by University of Nebraska–Lincoln Extension in Lancaster County.

Over the years, Computerized Financial Recordkeeping workshops have been one of the most popular in-depth extension programs offered. Between 1998 and 2004, workshops were held in 20 locations in southeast Nebraska, training one or more people from over 280 farming operations. Survey results of past participants show well over 80% believe they have learned to keep a more complete set of financial records and nearly 90% believe they learned to keep a more accurate set of records as a result of attending the training.

Watch for more information on dates and locations in the January Nebline.

Public Notice

The Lancaster County Board of Commissioner seek members of the community to serve on the Lancaster County Extension Board. The vacancies will be filled with terms beginning in January 2007.

Extension Board members represent and assist University of Nebraska Extension staff in Lancaster County with priority issue areas that include Agricultural Profitability and Sustainability; Children, 4-H, Youth and Families; Food Safety, Health and Wellness, strengthening Nebraska Communities and Water Quality and Environment. The Board meets monthly.

Registered Lancaster County voters interested in serving a three-year term should complete an application for an appointment by November 1, 2006. Additional information and an application can be obtained from the Lancaster County Extension office, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507, or phone 441-7180. Online applications are available at <http://interlinc.ci.lincoln.ne.us/cnty/commiss/boardapp.pdf>



By Alice Henneman, MS, RD, UNL Extension Educator

Enjoy this recipe from Mary Torell, Nebraska Department of Agriculture, with your leftover turkey!

Monte Cristo Sandwich

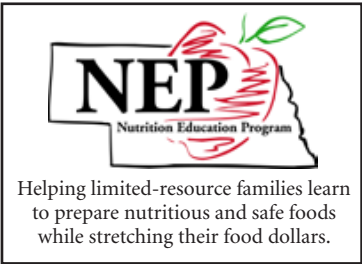
(makes 2 servings)

2 eggs
½ cup milk, low fat
¼ teaspoon salt
¼ teaspoon pepper
4 slices wheat or rye bread
2 tablespoons Dijon mustard
4 thin slices Swiss cheese
4 thick slices cooked turkey breast
2 tablespoons butter

In a medium bowl, whisk together the eggs, milk, salt and pepper. Spread one side of each bread slice with 1½ teaspoons mustard. To make each sandwich, place 1 slice cheese, 2 slices of turkey and another slice of bread, mustard-side down.

In a large, non-stick skillet, melt the butter over moderate heat. Dip the sandwiches briefly in the egg mixture, turning to moisten both sides. Cook, turning once with a pancake turner, until golden brown, about 6 minutes. Adjust the heat as necessary so the sandwiches do not burn. Serve hot.

\$tretch Your Food Dollar with Healthy Snacks



Sarah Pankoke
UNL Extension Assistant

After researching and analyzing prices at a nearby grocery store, the verdict is this: if you are a savvy shopper, you can purchase a variety of healthful snack options at a reasonable cost. Here are some tips for snacks that make nutritional sense.

1. Individually packaged snacks have their appeal. One hundred calorie packs, which help you to limit portion size, range in cost from \$.46/pack for mini bags of kettlecorn popcorn to \$.60/pack for animal-shaped crackers. Purchasing your own box of crackers and portioning out serving size portions may save a few pennies—whole wheat crackers and whole grain fruit-filled cookies were \$.26/ounce portion. Individually packaged fruits—clear cups of mixed fruit and small boxes of raisins—ranged in price from \$.67/name brand individual mixed fruit cup to \$.28/box of store brand raisins.

2. Are pudding snacks a standard fare at your house—these may contribute some calcium, but not as much as

the real thing made with milk. Pudding snacks were priced at \$.37 to \$.53/serving. Other comparably priced options that were higher in calcium would be individual yogurt (\$.44 to \$.55/serving) or individually wrapped string cheese (\$.25 to \$.35/stick).

3. Take note! Fruit rolls and fruit-flavored snacks do not count as part of the fruit group. Although, these may have added vitamin C, the first ingredient is likely sugar. Go for the real thing instead. These snacks cost \$.29 to \$.33/serving. An individual piece of fruit—say a banana, orange or apples, on sale—is naturally sweet, packs fiber and other nutrients for \$.20 to \$.33/piece. Look for specials, buy fruits and vegetables in season to save \$\$\$ in the produce section. Also, a piece of fruit makes a good substitute for the \$.55 candy bar at the checkout.

4. Beverage choices fare better than you might think in comparison to soda at \$.38/can.

- No-name water—\$.17/bottle.
- Calorie free, antioxidant-rich black and flavored teas—\$.18/bag.
- Hot cocoa (still a sugary choice)—\$.20/packet.
- 100 percent juice pouch—\$.30/pouch.
- Store brand tomato juice (packed with flavor and vitamin C)—\$.33/6 ounce can.

Plan to purchase healthy snacks to avoid the default high fat, high sugar and low nutrient snack foods.

Preparing a Thanksgiving Feast Does Not Have to be Difficult!

Mary Torell
Nebraska Department of Agriculture

For most Americans, turkey is the main course on Thanksgiving Day. With a little organization and a few simple recipes and tips, even a novice cook can prepare and enjoy a scrumptious Thanksgiving meal.

Turkey Cooking Tips

Preparing turkey is easy, especially when you follow these guidelines:

Thawing the turkey:

- Frozen turkey, like all other foods, should be thawed in the refrigerator, *never* at room temperature. When foods are thawed at room temperature, surface bacteria can multiply to dangerous levels at temperatures 40 degrees F and above.
- To thaw, leave turkey in its original packaging, place in a shallow pan and place in refrigerator 3 to 4 days, or about 5 hours per pound of turkey, to completely thaw.
- To speed up thawing, keep turkey in its tightly sealed bag and place in pan or sink and cover with cold water. **Allow approximately 30 minutes per pound of whole turkey using this method. The cold water must be changed every 30 minutes.**
- Refrigerate or cook turkey when it is thawed. Do not refreeze uncooked, defrosted turkey. Commercially frozen stuffed turkeys should not be thawed before roasting. Follow package instructions.

Preparing the turkey for roasting:

- Remove giblets and neck from the turkey. Rinse the turkey with cold running water, drain and pat dry with paper towels to remove excess water.
- Rub the skin of turkey with



The turkey is done when the internal temperature registered on a meat thermometer, reaches 180 degrees F when inserted in the thigh not touching any bone, before removing from the oven.

canola oil or margarine and add some paprika. This will aid in browning of the turkey skin.

- **Place turkey, breast side up, in a large shallow roasting pan (about 2-1/2 inches deep).**
- Roast the turkey in a preheated 325 degree F oven. Follow roasting times at right.

Stuffing tips:

The USDA does *not* recommend stuffing turkey.

Determining doneness:

The turkey is done when the internal temperature registered on a meat thermometer, reaches 180 degrees F when inserted in the thigh not touching any bone, before removing from the oven. The temperature of the breast should reach 170 degrees F. The pop-up thermometer device also indicates the turkey has reached the final temperature for safety and doneness. Let the turkey stand for 20 minutes to allow the juices to distribute throughout the bird. This will allow for easier carving.

Storing leftovers:

Refrigerate turkey and all other foods promptly after the

Turkey Roasting Times

Approximate timetable for roasting an unstuffed turkey at 325 degrees F.

Weight	Approximate time
8 to 12 pounds	2-3/4 to 3 hours
12 to 14 pounds	3 to 3-3/4 hours
14 to 18 pounds	3-3/4 to 4-1/4 hours
18 to 20 pounds	4-1/4 to 4-1/2 hours
20 to 24 pounds	4-1/2 to 5 hours

*Note: If using a cooking bag, follow the instructions provided with the bag, and reduce the amount of total roasting time. *Never* use a brown paper bag. Make sure you use a meat thermometer to determine doneness.

holiday meal, or within two hours of cooking. Cut all the turkey meat from the bones and store in shallow, covered containers. When refrigerated at 40 degrees F or below, cooked turkey will keep up to two days, and up to four months in the freezer when frozen at 0 degrees F or below.

FOR MORE INFORMATION

Free copies of two recipe brochures, "Take the Guesswork Out of Roasting a Turkey" and "Carving The Whole Turkey," are available—in English and Spanish—online at <http://www.nebraskapoultry.org> (click on Turkey Cooking Tips). You can also request them by e-mailing mtorell2@unl.edu or calling 472-0752.

Time-Saving Kitchen Tools for Holiday Gifts

Tool 2: Cutting Boards

Avoid cross-contamination when cutting different types of foods for the same meal by owning several cutting boards. This is especially important if you're cutting raw meats, poultry or seafood and then need to cut ready-to-eat foods. With more than one cutting board you can avoid spending extra time washing your board before cutting the next item. Plastic or other non-porous cutting boards are easier to safely clean as they can be run through the dishwasher.

Tool 3: Lots of Colanders

If you tend to wash and/or drain a lot of foods for meals, an extra colander or two may save time and help prevent cross-contamination.



Tool 4: Salad Spinner

You'll get more flavor with less dressing (and fewer calories!) if salad greens are washed and thoroughly dried before tossing your salad with dressing. Salad spinners make it easy to dry lettuce, fresh herbs, etc. Simply toss in your washed greens and "spin" them dry. These products work in various ways. Some have knobs you turn. Others operate through a push-down mechanism. Check around to find one with the features you like.

Tool 5: A Kitchen Timer

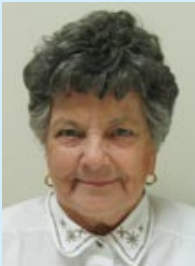
Help keep your kitchen tasks under control with this battery-operated device. Time the seconds, minutes or hours needed for a cooking process. Many come with a see KITCHEN on page 11

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Alice's Analysis

Alice Doane
FCE Council Chair

My cousin, Ella, from Scotland was here and we attended our cousins wedding in Lima, Ohio. Ella asked what a rehearsal dinner was? I told her it was a dinner held after rehearsal for the wedding party, family and out of town guests. They do not have wedding rehearsals in Scotland. During weddings in Scotland, the bride comes



in first followed by the wedding party — just reversed to us. We still had fun with family and friends. We traveled to Independence, Missouri to my 60th high school reunion. I enjoyed meeting one classmate from grade school.

The last weekend in September, 12 FCE members from Lancaster County attended the State FCE Conven-

tion in St. Paul, Nebraska. Our September Council meeting was presented by Virginia Gergen of Fresh Start. She went into details about the home and how they get women back into society and the workforce, as well as the new facility. Achievement Night was Oct. 16. We honored our members for years of service. Barb Ogg, extension educator, gave a program on restoring and dating photos.



FCE News & Events

2007 Leader Training Lessons

Here is the schedule for next year's FCE and community leader training lessons. All lessons will be presented at 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Non-FCE members or groups should call Pam at 441-7180 to register for these lessons so materials can be prepared.

Jan. 4 — Volunteerism: A Tool for Positive Youth Development. Presented by Extension Educator Lorene Bartos. The majority of youth in this country engage in some form of volunteer activity and many see the value of helping others. When youth volunteer, the benefits are reaped by almost everyone involved—the targeted populations, the community and the youth volunteers themselves. Volunteerism has important implications for positive youth development and it is thus essential youth are encouraged to participate

in such endeavors. This community program will explore the different types and opportunities for youth volunteerism, the benefits of those experiences and the ways by which we can encourage young people to volunteer.

Jan. 25 — Credit: How Do You Score?
Feb. 22 — Easy on Energy: Tips for Conserving
March 22 — Quick and Easy Salads
Sept. 27 — Who Cares for the Caregiver?

2006 Training Lessons Online

The 2006 leader training lessons are now online at <http://communityprograms.unl.edu>, including:

- Care Giving: Challenges and Rewards
- Dietary Guidelines for Americans 2005 and MyPyramid
- Embracing Entrepreneurship: New Economic Power for Your Community
- Health of Children
- One of Rural America's Greatest Challenges...Methamphetamine

FCE 2006 Achievement Night

The Family & Community Education Clubs 2006 Achievement Night was held in October. More than 40 members attended. Guest speaker was Barb Ogg who presented "Dating and Preserving Old Photographs." The Emerald and Salt Creek Circle clubs were on the 2006 Achievement Day Committee.



Membership award recipients (L-R): Donna Gill, Leoma Winch, Bonnie Krueger, Joy Kruse, Alice Sittler, Lois Reisel, Martha McLeod, Betty Moormeier, Shirley Heier, Joyce Riddle, Joanne McChesney

Membership Awards

50-YEAR MEMBER
Donna Gill (Individual)

45-YEAR MEMBERS
Bonnie Krueger (Salt Creek Circle)
Leoma Winch (Salt Creek Circle)

40-YEAR MEMBERS
Joy Kruse (49'ers)
Lois Reisel (Beltline)

35-YEAR MEMBER
Alice Sittler (Home Service)

30-YEAR MEMBER
Martha McLeod (Salt Creek Circle)

25-YEAR MEMBER
Betty Moormeier (Salt Creek Circle)

15-YEAR MEMBER
Shirley Heier (49'ers)

10-YEAR MEMBER
Joyce Riddle (Helpful Homemakers)

5-YEAR MEMBER
Joanne McChesney (49'ers)

NEW MEMBERS
Joyce Delisi (Emerald)
Elizabeth Meyer (49'ers)

Club Incentive Awards

Forty-Niners
Helpful Homemakers
Salt Creek Circle



by Lorene Bartos, UNL Extension Educator

Tips for a Warm, Cozy and Efficient Winter

- Wash and replace furnace filters every month. A clogged furnace filter reduces energy efficiency.
- Replace screens with storm windows and storm doors.
- Install plastic covers on single-pane glass.
- Repair or replace loose weather-stripping and caulking.
- Remove window air conditioners or cover them to keep cold air out.
- Open drapes on sunny days; keep closed at night and on overcast days.
- Humidify the air to feel warmer at cooler temperatures.
- Heat only rooms in use.
- Instead of turning up the thermostat, put on a sweater.

Holiday Spending Tips

Follow these tips to help prevent overspending during the holidays.

- Buy only those things fitting into your holiday spending plan.
- Keep records of spending so you know where most of the money is going.
- Check three sources for expensive items.
- Pay items charged on time in order to avoid interest charges.
- Keep the sales slips and warranties.
- Avoid shopping when tired,

hungry or when stores are crowded.

- Set an amount of money to be spent for each person.
- Shop with a list.

Consider options instead of giving a material gift, such as giving IOUs. An IOU is for a service you can perform for another person, such as babysitting, mowing grass, washing windows, shoveling snow, making a batch of cookies or a meal sometime during the year, etc.

Use your imagination and keep your holiday budget reasonable.

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 23, 5 pm to Saturday, Feb. 24, 5 pm



Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of activities. Fun, educational and confidence building. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Discuss self-responsibility and self-esteem
- Explore techniques to deal with peer pressure and stress
- Learn more about sexuality

- Discuss the importance of individual family values

Cost includes meals, snacks, lodging at Carol Joy Holling Center and the book, "Family Treasures, Creating Strong Families," by University of Nebraska—Lincoln Extension. Early bird registration by Dec. 15 is \$100 per pair. After Dec. 15, fee is \$120 per pair. For more information or a registration form, call Extension Educator Maureen Burson at 441-7180.

Know Your Gnats!

Locating Breeding Sites is the Key to Control

Barb Ogg
UNL Extension Educator

This time of year, gnats can be troublesome in homes. Most infestations get started when gnats enter through window screens or get brought in with fruit or vegetables.

In reality, gnats are very tiny flies. They breed in moist or rotting organic matter. The key to solving the gnat problem is to find and eliminate the breeding area.

There are several different type of gnats which can be found in homes. Each type prefers a slightly different place to breed.

Fruit Flies

Fruit flies are light brown and have red or orange eyes. Fruit flies most often breed in very ripe fruit or rotted vegetables, like tomatoes, onions or potatoes. They often get brought into the house in garden produce. Fermenting materials, such as leftover beer or soft drinks, also are a favorite food of these flies.

Control: Fruit flies are best controlled by discarding over-ripe fruit or placing it in the refrigerator to eliminate breeding sites. Be sure to take garbage outside frequently (even daily) or use a garbage disposal to discard fruit or vegetable peelings. Patience is needed because it takes several days for flies to die on their own. Fly tape or another type of sticky trap may be helpful in catching elusive flies. Or, use a simple non-toxic trap to catch fruit flies.

If infestations are coming from soft drink or beer containers, wash bottles and cans during recycling to eliminate these breeding sites.

Phorid Flies

Phorid flies are also known as humpbacked flies. They are often mistaken for fruit flies but they don't have red eyes. When disturbed, adult phorid flies scoot across horizontal surfaces instead of immediately flying. This behavior distinguishes them from other gnats, which immediately take flight. When viewed under a microscope or hand-lens, they can also be recognized by characteristic wing veins.

Phorid flies breed in moist, decaying organic matter, including sewage-contaminated soil, garbage, drains, human cadavers, rotting vegetables and fruit, garbage as well as damp organic materials. Many difficult-to-detect phorid fly infestations are associated with plumbing leaks where sewer water collects in hidden places in void areas or soil. Because these flies breed in unsanitary areas, this fly can transmit disease-causing bacteria.

Control: It can be difficult to determine the source of phorid fly infestations. Once done, the source of the moist organic matter can be cleaned up and the fly problem will disappear. A plumber may be needed to inspect pipes.

Drain Flies

Drain flies are small, dark, fuzzy, moth-like insects. They are weak fliers, typically flying

only a few feet at a time.

Drain fly larvae develop by feeding on organic matter found in the gelatinous material that lines the inside of drains. Infestations may also come from overflow in a kitchen or bathroom drain or from a garbage disposal.

Control: Drain flies can be eliminated by removing the gelatinous slime on the inside of the pipes. Products that open clogs will not clean the slime and are not likely to work. Bleach will not penetrate the slime and is also not likely to work. Pouring boiling water down the drain may loosen the gelatinous slime and may be useful. But, manual cleaning with a plumber's snake is usually needed to solve the problem.

Fungus Gnats

Fungus gnats are small, dark-colored flies. Like their name suggests, fungus gnat larvae feed on fungi found in soil. High organic matter fertilizers and overwatering are associated with fungus gnats.

Follow these tips to discourage or deal with fungus gnat infestations:

- Don't overwater potted plants. Allow the soil to dry between waterings. Make sure your potted plants have good drainage.
- If plants are summered outdoors, check plant soil for adult gnats or their larvae before bringing them indoors.
- Prevent indoor entry of gnats by keeping windows closed and sealing windows and doors. Adult flies may come



Fruit fly (highly magnified)



Phorid fly (highly magnified)



Drain fly (highly magnified)



Fungus gnat (highly magnified)

indoors in late summer.

- Place yellow sticky traps on the soil surface to trap the gnats. They can be obtained at a local garden store.
- Place potato slices on the surface of the potting media. The larvae will feed on potato slices. After four days, remove the potato slices with the larvae.
- Use Bti, *Bacillus thuringiensis israelensis*, to control gnat larvae. The product registered in Nebraska is called Gnatrol. It is a low-toxic, natural treatment which kills the larvae of the gnat when mixed with water. Check garden stores and garden catalogs. An internet search will also find these products. Bti will not harm people, pets or the environment.

Summary

These gnats sometimes have overlapping breeding sites. But, knowing the type of gnat can be helpful in locating the source, which is needed to eliminate the infestation.

PEST DIAGNOSTIC SERVICES

If you need help identifying gnats or other pests, bring specimens to the University of Nebraska-Lincoln Extension in Lancaster County office, 444 Cherrycreek Road, Suite A, Lincoln, between 8 a.m.-4:30 p.m. on weekdays. A free service, extension staff can identify and make control recommendations.

Migratory Bird Treaty Act Protects All Native Birds

Soni Cochran
UNL Extension Associate

All native birds are federally protected in the United States by the Migratory Bird Treaty Act (<http://www.fws.gov/birds>). This includes the majority of birds we enjoy in this area.

There are some birds considered non-native and non-protected exotics. These birds are not covered by the Migratory Bird Treaty Act. Birds not covered include the House Sparrow (*Passer domesticus*), European Starling (*Sturnus vulgaris*), Domestic Pigeon or Rock Dove (*Columba livia*).

Game birds fall under another category and are managed by individual states. In Nebraska, you would contact Nebraska Game and Parks Commission at 471-0641 for information on game birds.

The Migratory Bird Treaty Act is a strict liability law with no requirement to prove intent. This means enforcement is absolute and not discretionary.

Basically, the law says you may not pursue, hunt, take, capture, kill or possess at any time any migratory bird or any part, nest or egg. While a feather

may be beautiful or a nest might look nice on a display shelf, this law prohibits the possession of all feathers, eggs, shells, nest or other parts related to protected birds. Federal salvage permits are required to possess any bird.

So why does it matter whether you keep a feather or a nest?

You may not pursue, hunt, take, capture, kill or possess at any time any migratory bird or any part, nest or egg.

Historically, plumage from many migratory birds was desirable to adorn women's hats. This market was devastating to bird populations. More recently, with the popularity of Native American artifacts increasing, a lucrative market still exists for migratory bird feathers and eagle feathers to decorate many curios and art objects. Enforcement officers have no way to determine whether feathers used in art work were found on the ground in a backyard, or if the feathers came from a bird that was killed illegally.

The regulations are intended to eliminate any commercial market for the birds themselves, as well as their feathers and parts.

There are situations where birds are a nuisance or cause damage and control is necessary. In these cases, contact Nebraska Game and Parks Commission at 471-0641 for necessary permits/permission. If you are unsure how to handle a problem bird, contact the extension office.

The best advice is to leave all birds alone and as you find them. If you find an injured or orphaned bird and live in Lancaster County, Nebraska, contact Wildlife Rescue at 473-1959. If you find an injured hawk or owl, contact the Raptor Recovery Center at (402) 994-2009 or 488-7586.

There are additional laws in place to protect specific birds. For more information on the Bald Eagle Protection Act visit <http://ipl.unm.edu/cwl/fedbook/eagleact.html>. For information on the Endangered Species Act, visit <http://endangered.fws.gov/ESA/ESA.html>.

Source: Dealing with Nuisance Wildlife. University of Georgia Cooperative Extension Service and United States Wildlife Service.

Reporting Bird Leg Bands

Millions of wild birds are wearing leg bands. These bands provide important information to researchers. There are federal bands and there are state bands. The federal bands are found on migratory birds. Game birds like pheasants may have a state band.

If you find a federal leg band on a bird, please return it to the National Biological Service, Bird Banding Laboratory, 12100 Beech Forest Road, Laurel, Maryland 20708-4037. You can also report a federal band by calling 1-800-327-2263. Be sure to include information on how you obtained the band (i.e. found it dead), when and where you obtained the band and if the bird is alive or dead. After you send the information, the Banding Lab will notify you the information about where and when the bird was originally banded. You might be surprised how far the bird traveled before you found it.

If you find a state leg band on a game bird, you can mail it to Nebraska Game & Parks Commission, Wildlife Division, PO Box 30370, Lincoln, NE 68503. You are not required to mail the band in, but the information is helpful to wildlife conservationists.



The grackle is protected by the Migratory Bird Treaty Act. This bird is being banded to help track its movements.

Photo by Soni Cochran

Choose the Best Christmas Tree for Your Home by Learning to Identify Trees

By Dennis Adams
Nebraska Forest Service

Many types of evergreen trees will be for sale during the holiday season as Nebraska-grown Christmas trees become increasingly available from local growers. When choosing a tree, it can be helpful and interesting to know about and be able to identify each tree type.

The overwhelming majority of Christmas trees grown and sold in Nebraska are pines. Pine trees have relatively long needles in clusters of two, three or five. The most common species of pine sold in Nebraska are Scotch, White, Austrian and Ponderosa.

Scotch and Austrian pines contain needles in bundles of two. Usually Scotch pine needles, which are about 1.5-to 3-inches long, are shorter than Austrian pine needles, which average 4 to 6 inches in length. Both trees have good needle retention and are grown throughout the state. Scotch

pinus, which usually have dark green or blue-green foliage in winter, are the most popular Christmas trees grown in Nebraska.

White pines have long, soft needles that grow in clusters of five. Their feathery feel and pleasing, blue-green color make white pines a nice Christmas tree, but their availability is limited to eastern Nebraska.

Few **Ponderosa pines** are used as Christmas trees in the state. The species is native to north central and western Nebraska and looks very similar to the Austrian pine, though it may have a lighter color. The needles of the Ponderosa pine, which usually are 6-to 11-inches long, are longer than those of the Austrian pine and grow in clusters of two and three on the same tree.

Spruce and fir trees have needles attached to the twig singly and usually are shorter than pine needles, about ½-to 1-inch long. To distinguish between spruce and fir trees, strip the needles from a small branch. If the needles leave small

knobs on the twig, the tree is a spruce. If the needles leave small depressions on the bark, the tree is a fir. Another way to distinguish between spruce and fir trees is to roll a needle between two fingers. Spruce needles are square or oval, so they roll easily. Fir needles are flat and more difficult to roll. Spruce needles are stiffer and blunter than those of firs.

Blue and Norway spruces are the two most common types of spruce trees grown as Christmas trees in Nebraska. They usually have good form, a pleasing odor and dense foliage. Blue spruces usually are bluer in color, while the Norway spruce is darker green. Both trees can be fairly expensive and lose their needles more quickly than pines in warm rooms.

Each year more fir trees are grown by Nebraska Christmas tree producers, but generally only in eastern Nebraska. The most common fir trees grown in Nebraska are **concolor fir, balsam fir and Douglas fir**, although Douglas fir is not a true fir species. Fir trees gener-

ally have a narrow form and good color, density and needle retention.

Junipers tend to be the easiest type of evergreen to identify. Juniper needles are very short, awl-shaped and quite prickly to the touch. Eastern redcedar, which is native to eastern Nebraska, and Rocky Mountain juniper, which is native to western Nebraska, are sometimes cut for Christmas trees.

Junipers tend to vary widely in form and color and have a strong odor. In winter, Eastern redcedar trees usually are a dark purple-green color and Rocky Mountain junipers stay blue-green. Their foliage holds well, but the twigs are thin and may not support heavy ornaments. Although junipers usually are not sold as Christmas trees, native trees often can be cut with a landowner's permission.

For more information about finding Nebraska-grown Christmas trees, visit the Nebraska Christmas Tree Growers Directory at <http://www.agr.state.ne.us/pub/apd/trees.htm>.



Scotch pine



Austrian pine



Eastern white pine



Blue spruce



Norway spruce



Balsam fir



Concolor (or white) fir



Douglas fir



Eastern redcedar (commonly called a juniper)

Nebraska-Friendly Landscapes Clinic, Nov. 16

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment.

The final clinic in 2006, Nebraska-Friendly Landscapes, will be held on Thursday, Nov. 16, 7-9 p.m. at the Lancaster Extension Education Cen-

ter, 444 Cherrycreek Road in Lincoln.

Nebraska-friendly landscapes enhance our living area by conserving and protecting water resources, providing biodiversity in plantings, conserving energy and more. Learn design principles, plant placement, maintenance, and plants for a Nebraska-friendly landscape. Extension Educator Kelly Feehan will present the clinic. The same workshop will

also be presented:

- Omaha on Nov. 13, 7-9 p.m.
- Fremont, Nov. 18, 9-11 a.m.
- Columbus, Nov. 9, 7-9 p.m.
- Grand Island, Nov. 6, 7-9 p.m.

Pre-registration is \$10 per person, and must be received 3 working days before the program. Late registration is \$15 per person. For more information and registration form, go to <http://acreage.unl.edu>, or call Sarah Browning at (402) 727-2775.





November

Lynnette Nelson

Lancaster County 4-H is proud to announce Lynnette Nelson as winner of November's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Lynnette has been a 4-H volunteer for 7 years. She began as a parent volunteer when her oldest son, Ryan, joined the Lone Star 4-H club. Four years ago, she became organizational leader of the club. Currently the club has 25 members and many of the youth have livestock projects.

"I enjoy seeing the older kids mentor the younger kids in working with their animals, getting ready for fair," says Lynnette. "One thing all the kids have in common is that even though it is a lot of work, they all really enjoy the fair and look forward to it. My favorite experience as a 4-H volunteer is Fair Fun Day. It is fun to see the 4-H kids get excited to talk to other kids about their 4-H project — whether it is chickens or cows, they are so proud of their animals. 4-H allows you to work as a team, but yet be an individual when it comes time to be judged."

Lynnette lives in rural Lincoln with her husband Dale. Their children, Ryan and Justine, are members of the Lone Star 4-H club. Lynnette is a board member of the Updowntowners. She is also a member of the Malcolm Youth Sports Association and Nebraska Angus Association.

Congratulations to Lynnette. Volunteers like her are indeed the heart of 4-H!



4-H Entry in Star City Parade

Lancaster County 4-H members are invited to promote 4-H by participating in the annual Star City Parade. This year's parade will be Saturday, Dec. 2 with the theme "Making Spirits Bright." Join this exciting event by contacting Karen Armstrong at 464-4129. The Star City Llamas 4-H club is coordinating the 4-H entry. Participants (including animals) must be in costume. 4-H Council is providing the entry fee.

4-H Air Rifle and Archery Clubs

The Air Rifle (BB) 4-H Club will have its first meeting on Thursday, Nov. 2 at 7 p.m. at the Lancaster County Education Center, 444 Cherrycreek Rd., Lincoln. A 4-H Archery club will begin in January — the club is open to the first 30 youth who are interested. Contact Tracy at 441-7180 for more information about either club.

Statewide Volunteer Training, Dec. 2

A Volunteer R&R (Retool & Refuel) will be held at College Park in Grand Island on Saturday, Dec. 2, 9:30 a.m.–3 p.m. The training is being conducted by the University of Nebraska–Lincoln Extension 4-H Youth Development. The event is open to volunteers of any youth serving organization.

The focus of this Volunteer R&R is youth development, healthy lifestyles, and family and consumer sciences.

Registration for the educational training is \$30 and is due Nov. 17. The fee includes four workshops, lunch and a lunch program. 4-H Council will reimburse all Lancaster County 4-H leaders who attend this training. A detailed schedule and registration form is available at <http://4h.unl.edu> or at the extension office. Contact Tracy at 441-7180 for more information.

4-H Teen Council Community Service Project



At the October meeting of 4-H Teen Council, youth members worked on a community service project for Capital Humane Society. They brought in donations of shoe boxes, kitty litter, cat and dog food, treats, toys, towels and cleaning supplies. The shoe boxes will be used for cats to lay in and the lids used for litter boxes.

December

Joyce and Jim Agena

Lancaster County 4-H is proud to announce Joyce and Jim Agena as co-winners of December's "Heart of 4-H Award" in recognition of outstanding volunteer service.

They have volunteered for 4-H since 1988. Joyce was co-leader of the Wee Amigos 4-H club for two years and organizational leader for 11 years. She has been Superintendent of the Lancaster County Fair 4-H Horse Trail show for 11 years, active member of the Horse VIPs Committee for 16 years, and a level tester for four years. Jim provides valuable behind-the-scenes support. In the past, they have also helped with the 4-H dog program.

Their three daughters, Jayme, Carissa and Kendra were all active in 4-H, and helped volunteer at the County Fair after leaving 4-H. Kendra is now leader of a 4-H club.

"I like being around youth and I love animals," says Joyce. "I never had the opportunity myself when young to do any of this. So this has been an awesome experience for me. My favorite part was starting with those first year 4-H'ers and watch them in Groom & Care and each year see them grow and improve. Now I see them as college kids and parents and still loving horses. That is a true blessing."

Congratulations to the Agenas. Volunteers like them are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form online at <http://lancaster.unl.edu/4h> or available at the extension office. Nominations of co-volunteers welcome.



Award Nominations Due Jan. 1

Nominations are needed for the following 4-H awards. Deadline is Jan. 1. Application forms are available at the extension office or online at <http://lancaster.unl.edu/4h>

4-H Meritorious Service — presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member — presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award — awarded on behalf of the American Youth Foundation (AYF) to high school juniors or seniors who strive to achieve their personal best and make a positive difference in their community. Two 4-H members will be selected from Lancaster County. Lancaster County 4-H Council provides award recipients with a hardbound copy of William H. Danforth's book, *I Dare You!*

Last Call!

4-H Scholarships Due Jan. 1

The Lancaster County 4-H program offers a variety of scholarships. Deadline is Jan. 1. Applications are available at the office or at <http://lancaster.unl.edu/4h>

COLLEGE

The following college scholarships are available to high school seniors active in 4-H:

4-H Council—awards six \$500 scholarships.

Lincoln Center Kiwanis—awards two \$1,000 scholarships.

Teen Council—awards two \$250 scholarships to 4-H'ers who are active in Teen Council.

Lane Scholarship—awards one \$200 scholarship to a 4-H'er attending Raymond Central High School.

Note: two statewide scholarships—Martha & Don Romeo Scholarship and Staats Custom Awards—have a deadline of Dec. 1.

4-H CAMP

The following scholarship goes toward attending 4-H summer camp(s):

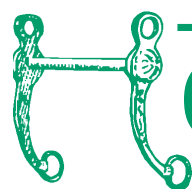
Joyce Vahle Memorial Scholarship—awards one \$100 scholarship to a youth age 8–14. Applicants should currently be, or have been, enrolled in at least one sewing project.

4th & 5th Grade Lock-In, Jan. 19–20

4-H Teen Council will present their annual 4th & 5th Grade Lock-In from Jan. 19, 8 p.m. to Jan. 20, 8 a.m. at the Lancaster Extension Education Center. Open to all 4th and 5th graders (need not be enrolled in 4-H). Includes sleepover, games, fun projects, movies and snacks! This year's theme is "Opening Night." Cost is \$15. See January NEBLINE for more information and registration form.

Beef Weigh-In, Feb. 3

The 2007 4-H/FFA beef weigh-in will be Saturday, Feb. 3, 8–11 a.m. at the Lancaster Event Center in Pavilion 2. All market heifers and steers will need to be tagged, weighed and nose printed. There will be \$2 fee per tag this year due to the EID pilot program. See January NEBLINE for more information.



HORSE BITS

2006 4-H Horse Awards Night

The 2006 Horse Awards Night was held October 3. The evening recognized top achievements at the 2006 Lancaster County Fair and other events throughout the past year. Additional photos are online at <http://lancaster.unl.edu/4h>.

2006 Horse Incentive Awards

4-H'ers logged the hours they spent working with or learning about their horses. The more hours invested, the more valuable the reward!

Bronze Level (61 to 182 hours) — Jessie Adams, Taylor Adams, Michael Anderson, McKenzie Beach, Cassi Billesbach, Elizabeth Boender, Maura Christen, Elli Dearthmont, Ivy Dearthmont, Anna Dilley, Rebekah Dilley, Elise Edgar, Kahdijah Green, Elizabeth Gregg, Bailey Heidtbrink, Ian Kimmen, Megan Latture, Maria Luedtke, Mattison Merritt, McKenzie Merritt, Sydney Scow, Lauren Taylor, Bailey Vogler, Rebecca Ward and Jenna Wilson.

Silver Level (183 to 365 hours) — Ashley Anderson, Josie Ang, Chelsea Beach, Micayla Brooks, Alexis Christen, Hannah Coffman, Rebecca DeNell, Allison Densberger, Elizabeth Frobish, Aiden Graybill, Clint Gregory, Alyssa Heusinger, Samantha Johnson, Katlyn Kimmen, Lee Kreimer, Madison Lee, Meg Luedtke, Andrea McCain, Sammy Moore, Sara Novotny, Bailee Peters, Cara Peters, Bailey Peterson, Rachael Pflug, Brooke Preston, Garrett Prey, Kate Rawlinson, Hannah Ronnau, Hannah Scow, Molly Shrader, Jess Smith, Jamie Stolzer, Erika Warner, Gabby Warner, Hope Ellen Wehling, Rebecca Wehling and Heather Welch.

Gold Level (366 or more hours) — Anna DeNell, Ashley Densberger, Danielle Hardesty, Elizabeth Harris, Jessica Harris, Abbie Heusinger, Anna Heusinger, Camille Sass, Hannah Sass and Ashley Wiegand.

Herdsmanship Awards

The **Top Herdsmanship Award** was awarded to the Flying Hoofs 4-H Club.

The **Best County Fair Decorations Award** went to The Star City Riders 4-H Club.

Alyssa Thornton won the **Independent Member Top Herdsmanship & Best Decorations Award**.

Special Award

Best 4-H Horse Id Sheet was awarded to Lisa Booton.

Judging Awards

The Horse Judging Contest emphasizes how much 4-H members know about horses as they judge four or more classes of horses. Senior division participants also give oral reasons.

Top Ten Judging Elementary Division — Maggie Moore as Champion, Bailey Heidtbrink, Bailee Sobotka, Nicole Finkner, Kaitlyn Chubbuck, Kate Rawlinson, Allison Densberger, Sydney Scow, Peyton Holliday and Bailey Peterson.

Top Ten Judging Junior Division — Becky Hutchins as Champion, Lisa Bradbury, Danielle Hardesty, Rhea Steffen, Abbie Huesinger, Shelby Chubbuck, Brook Preston, Katlyn Kimmen, Courtney Goering and Madison Lee.

Top Ten Judging Senior Division — Morgan Marshall as Champion, Mindy Leach, Laura VanMouwerik, Will Scheideler, Cassie Krueger, Alyssa Thornton, Erika Edgar, Rebekah Dilley, Molly Shrader and Cody Brooks.

4-H Horse Project Advancement Levels

Awarded the Walk-Trot Level — Elli Dearthmont, Ivy Dearthmont, Paige Gaver, Megan Latture, Maggie Moore, Spencer Peters, Faith Prange, Hannah Prange, Moriah Prange, Baxter Whitla and Austin Wubbels.

Receiving their Level I — Josie Ang, McKenzie Beach, Vanessa Butterfield, Maura Christen, Allison Densberger, Ashley Densberger, Jarrod Dewald, Anna Dilley, Lynsey Erickson, Nicole Finkner, Rachel Fox, Bailey Gardner, Courtney Goering, Kylie Goering, Aiden Graybill, Kahdijah Green, Kyra Hammer, Autumn Harper, Katie Lloyd, Maria Luedtke, Raymi Marquardt, Sammy Moore, Natalie Nason, Jordan Patt, Bailee Sobotka, Samantha Stephens, Lydia Robertus, Hannah Taylor, Heather Welch, Kevin Whitla, Kellan Willet, Emily Wood and Meme Wood.

Receiving their Level II — Josie Ang, Chelsea Beach, Cody Brooks, Michela Brooks, Alexis Christen, Hannah Coffman, Anna DeNell, Rebecca DeNell, Ashley Densberger, Elise Edgar, Erika Edgar, Lynsey Erickson, Nicole Finkner, Courtney Goering, Bailey Heidtbrink, Madison Lee, Brook Preston, Bailee Sobotka, Laura VanMourek, Erika Warner and Kelsey Wolf.

Receiving their Level III — Josh Krueger, Andrea McCain, Rachael Pflug, Camille Sass and Molly Shrader.

Level IV recipients — Alex Scheideler and Robyn Shannon

All-Around Trail

The 2006 Dick and Cookie Confer All-Around-Trail Champion Award was awarded to McKenzie True.

All-Around Barrels

The 2006 Franklyn Manning Family All-Around-Barrels Champion Award was awarded to Anna Russell.

Wittstruck Award

The 2006 Wittstruck Award for the All-Around-Top-County Fair-Showman was awarded to Mindy Leach.



Horse Incentive, Bronze Level award winners



Horse Incentive, Silver Level award winners



Horse Incentive, Gold Level award winners



Flying Hoofs 4-H Club won Top Herdsmanship



Top three Horse Judging winners



Level IV recipients



Trail Champion Award



Wittstruck Award

Alternatives to Guardianship

Reprinted from NebGuide G1596, sixth in a series of seven, which discusses legal guardianship.
By Development Team: Eileen Krumbach, Extension Educator, University of Nebraska; John DeFrain, Extension Family and Community Development Specialist, University of Nebraska; Bruce Cudly, Region V Services; Dina Rathje, Family Counselor; Carol Lieske, Nebraska State Department of Health and Human Services, Adult Protective Services; Rene Ferdinand, Arc of Nebraska; Mary Evans, Guardian; Mary Gordon, Nebraska Developmental Disabilities Planning Council/Nebraska Department of Health and Human Services

Guardianships, because they are so powerful, should be used sparingly. Other less restrictive forms of assistance may be more appropriate.

Sometimes obtaining a Guardian for a person who is having difficulty in making decisions in one or more areas of his or her life is an appropriate solution. Guardianship allows a responsible person to substitute judgment for someone who cannot make or communicate decisions. Without Guardianship the person may be unprotected and lack the ability to find and use services. Even so, Guardianship should be used sparingly, precisely because Guardians have so much power.

Guardianship is one form of surrogate decision making — a term used to describe situations in which one makes decisions on behalf of someone else. It is the most restrictive choice when decision making assistance is needed. There are many more ways help can be given before proceeding to Guardianship. The following is a description of less-restrictive forms of assistance listed in order

of degree of restriction from the least to the most restrictive.

Representative Payee is a person appointed by the Social Security Administration to receive and manage benefits administered through Social Security. A representative payee is sought when a person is unable to manage the funds and do the necessary reporting required.

Protective Payee is an individual assigned by the Nebraska Department of Health and Human Services to receive public assistance payments on behalf of another person. The protective payee has a supervisory and teaching role. A payee is assigned when it has been determined that the person is unable to manage funds from the department or has previously mismanaged those funds.

Fiduciary is an individual or legal entity (such as a bank or nursing home) appointed by the Veterans Administration to manage VA benefits for a veteran who is incompetent or for a minor dependent of a veteran who is incompetent. The VA determines that a person is incompetent when he/she lacks the mental capacity to conduct or manage his/her own affairs, including the disbursement of funds.

Power of Attorney is a document that authorizes one to act on another's behalf. It is the delegation from the person creating the document (the principal) to the person to whom he/she is granting the power to act (the agent). Powers of attorney can be either limited or general depending on the principal's wishes. A limited power of attorney gives authority to act only with regard to very specific matters. A general power of attorney authorizes the agent to act on behalf of the principal in a wide variety of actions. A power of attorney is also terminated by the principal's death, disability or incompetence.

Durable Power of Attorney is a power of attorney that lasts beyond the disability or incapacity of the principal.

Otherwise it is just like a power of attorney. It can be revoked or modified at any time as long as the principal is competent.

Advance Directives inform others of a person's choices for medical treatment that were made prior to the need for treatment. The most common types of advance directives are living wills, health care power of attorney, code/no code orders and medical directives.

- A Living Will is a written statement that describes the type of care a person wishes to receive in the event he/she is suffering from a terminal illness or is in a persistent vegetative state. A person can change his or her mind and revoke the living will at any time, regardless of mental or physical condition.
- Health Care Power of Attorney is, quite simply, a durable power of attorney through which a principal authorizes an agent to make health care decisions on his/her behalf. If a person is competent, he/she can cancel the health care power of attorney at any time.
- Code/No Code Orders are directions one gives regarding his/her wishes in relation to CPR and other emergency medical procedures. These are common in nursing homes and hospitals. The patient is generally asked upon admission whether or not he/she wants emergency procedures undertaken should a medical situation warrant the need for such procedures.
- A Medical Directive is a specific list of medical procedures on which a person may check various procedures that he/she wants, does not want or is not sure about. A medical directive is quite specific and is often incorporated into either a living will or a health care power of attorney.

Many of the options for help with the various types of decisions can be voluntary and entered into by a person, with that person often choosing the type of assistance wanted and who will be the surrogate decision maker. When one is no longer able to make a conscious choice regarding the type of surrogate decision making that is most appropriate for the situation, it may be necessary to pursue a more restrictive option of Conservatorship or Guardianship.

Conservator is an individual or corporation appointed by the court to manage the estate, property and/or other business affairs of an individual whom the court has determined is unable to do so for himself/herself.

Guardianship provides for the care of someone who is not able to care for himself/herself. The court may appoint a Guardian if there is clear and convincing evidence that he/she requires continuing care or supervision. Nebraska law allows for, and favors, the appointment of a limited Guardian. This is a Guardian who looks after a limited number of the person's personal needs. The court is required to look at 10 items listed in the Guardianship law and state with which of the individual items the person needs assistance. A limited Guardianship is less restrictive than a full Guardianship. A full Guardianship is established when it is determined that surrogate decision making is needed in all of the areas the court is required to review.

References:

- National Guardianship Association. (1998). *A Model Code of Ethics for Guardians*. Tucson, AZ: NGA.
- National Guardianship Association. (2003). *Standards of Practice*. Tucson, AZ: NGA.
- Nebraska Advocacy Services. (1996). *Developmental Disability Law: A Manual for Advocates*. Lincoln, NE: NAS.
- Nebraska Revised Statutes, Article 26, Section 30-2601- 2661.

Holiday Gifts Needed for LPS Headstart

A good community service project for the holidays is helping the less fortunate by providing gifts for the Lincoln Public Schools Headstart Program. This program is in need of over 500 gifts for children birth to 5-years old. Literacy is being emphasized again this year, so books and items to encourage reading are suggested (such as puppets, puzzles, small toys, etc. relating to story books). The goal is to give each child a book. **Gifts should be unwrapped** and recommended cost is up to \$5. Bring gifts to the extension office by Dec. 1. For more information, contact Lorene at 441-7180. This is an excellent project for 4-H, FCE and other community clubs. Individuals are welcome to participate.



Holiday Pies For Sale to Benefit 4-H CWF

Would you like someone to make holiday pies for you and let you take all the credit for baking them? If so, Lancaster County 4-H Citizenship Washington Focus (CWF) program participants will make this possible. The CWF youth have teamed up with the pie lady from Eustis, NE. She was recently featured in the Lincoln Journal Star for her outstanding homemade pies.

CWF will be selling fruit pies with a homemade, flaky double crust and fresh fruit for \$13 until Oct. 26. Some pies will weigh 3 to 4 pounds each. All you have to do is bake them when you are ready for them. If you are interested in all the variety of flavors or would like to place an order, call Deanna at 441-7180. Proceeds go towards CWF trip and educational funds.

Guardianships

continued from page 1

grandparents become Guardians include divorce, single parents needing help, death of parents and parents not capable of caring for their children due to drug abuse or incarceration.

“Our son is receiving child support from his former wife to support his children. He is out of the country. We need the child support money to raise their children. What should we do?” asked one set of grandparents. Volunteer attorney Bill Chapin explained it is the role of the Guardian to advocate receiving the resources which the child should be receiving, including child support.

Volunteer Guardians Needed

In most cases, Guardianship duties are fulfilled by relatives. Mary Evans, the wife of a judge, sees the unmet need created when families aren't available to become guardians. Evans volunteered to become Guardian for three disabled adults in York County. “There are people who need Guardians who have very complex issues.”

Sherry Delancy, Clerk of the Magistrate Court in Lancaster County says, “The court is being asked to find Guardians. Many more are needed.” Sometimes, caring neighbors will step forward to help. Some Lincoln churches are actively recruiting volunteers to serve as Guardians. If you are interested in serving as a Guardian to someone in need, call Delancy at 441-8973.

FOR MORE INFORMATION

The following UNL Extension NebGuides are available free at the extension office or on the web at <http://www.ianrpubs.unl.edu/sendit/family>

- Alternatives to Guardianship (G1596) [reprinted above]
- What is Guardianship? (G1591)
- Guardianship Responsibilities to the Court (G1592)
- Guardianship Responsibilities to the Ward (G1593)
- Decision Making as a Guardian (G1594)
- Guardianship of a Minor (G1597)
- Guardianship/Conservatorship Financial Responsibilities (G1595)

LIFE Office Assists Elderly with Guardian and Conservator Issues

The Lincoln Information for the Elderly (LIFE) office provides cost-free and confidential information and assistance with any aging or elder care concern, including guardian and conservator issues. Services include referrals, counseling, social work and care management.

LIFE is part of the Lincoln Area Agency on Aging, which serves an eight-county area including Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York Counties. Contact: LIFE, 1001 O St., Suite 300, Lincoln, NE 68508; phone 441-7070.

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

October

24 **Free Seminar, "Make-Ahead Meals", BryanLGH Medical**
Center East, 1600 South 48th St. 7–8:30 p.m.

November

2 **Air Rifle (BB) 4-H Club Meeting** 7 p.m.
9 **Extension Board Meeting** 8 a.m.
11 **4-H Rabbit Clinic.** 9:30–11:30 a.m.
12 **4-H Teen Council Meeting** 3 p.m.
16 **Acreage Insights: Rural Living Clinic "Nebraska-Friendly Landscapes"** 7–9 p.m.
21 **Guardianship Training.** 5:30–8:30 p.m.
28 **4-H Council Meeting** 7 p.m.

December

1 **4-H Scholarship Applications for Martha & Don Romeo and Staats Custom Awards Due to Extension Office**
1 **All 4-H Career Portfolios Due to Extension Office**
8 **Extension Board Meeting** 8 a.m.
10 **4-H Teen Council Meeting** 3 p.m.
12 **Guardianship Training.** 5:30–8:30 p.m.

Ag Society Meeting, Dec. 14

The Lancaster County Agricultural Society, Inc. is a non-profit organization. Founded in 1878, its mission is to promote agriculture, youth and community. The LCAS currently has nine board members who serve three-year terms. Three positions are up for election this year.

All registered voters in Lancaster County are eligible to vote. Voting will be held on Thursday, Dec. 14 from 5:30–6:30 p.m. at the Lancaster Event

Center, at 84th & Havelock in Lincoln (located in the Lincoln Room just through the main entrance). Information about the candidates will be available.

If you care about the Lancaster Event Center, Lancaster County Fair and other ag-related activities, this is your chance to make a difference by voting. The public is also invited to attend the annual meeting which begins after the voting at 6:30 p.m.

The board of directors, also

known as the Lancaster County Fair Board, is proud to produce an annual community and family-oriented county fair. The Ag Society operates the Lancaster Event Center, a public, multipurpose, year-round facility designed to host a variety of local, regional and national events and activities.

For more information, contact Ron Dowding at 782-8051 or Jay Wilkinson at 781-9001.

UNL 06–07 Red Letter Days

Nebraska's all-day (8 a.m. to 3:30 p.m.), open house program is offered to high school seniors and their families. At Red Letter Day, students will have the opportunity to pick from several group presentations such as: choosing a major, university housing, scholarships, learning communities, financial aid, and many more.

They'll also have a chance to attend academic presentations, meet with faculty from their academic areas of interest, have lunch in a residence hall, meet other prospective stu-

dents and interact with current students.

Some Red Letter Days are geared specifically toward a certain major. All academic departments are represented during the general Red Letter Days. For more information or to register, go to http://admissions.unl.edu/open_house/red_letter_days or call 472-2023.

All-Majors Red Letter Days

- Friday, Nov. 3, 2006
- Monday, Nov. 6, 2006
- Friday, Nov. 10, 2006

- Friday, Dec. 1, 2006
- Friday, Jan. 19, 2007
- Monday, Feb. 19, 2007
- Friday, March 23, 2007

Specialty Red Letter Days

- Fine & Performing Arts Red Letter Day — Monday, Oct. 30, 2006
- Architecture Red Letter Day — Monday, Nov. 13, 2006
- Journalism Red Letter Day — Monday, Dec. 4, 2006

Kitchen Tools

continued from page 4

flip-out stand and a magnetic backing, so you always can keep them handy. Some can be clipped to your belt if you need to leave the kitchen. Others come with a string to hang around your neck.

Tool 6: An Assortment of Whisks

Some whisks are longer and narrower—others are like big balloons. Use the "ballooningest" ones when you want to beat a lot of air into a mix, such as whipped cream or meringue. Choose whisks with thin and flexible wires for whipping air into batters, and thicker, more rigid wires for thicker mixtures such as brownies.



Choose whisks that have the area sealed where the wires go into the handle. This helps assure your whisk stays clean. These whisks may be more expensive, but will probably last longer and cost less over time. Look for "dishwasher safe" whisks to save time and to help assure your whisks are thoroughly and safely washed.

Tool 7: Food Thermometers

They help you save guessing time trying to decide when food is safely done!

Tool 8: Appliance Thermometers

Buy one for both the refrigerator and the freezer. Your freezer temperature



Tool 9: Rice Cooker

If cooking rice seems like too much fuss and an uncertain outcome, consider trying a rice cooker. A rice cooker features an inner pan that rests above a heating element. Specific ratios of water and rice are added to the cooker. Rice cookers determine when the rice is done by sensing the temperature of the inner pan. Helpful features include: glass lid to view cooking process, hole in lid so steam escapes, and nonstick pan.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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Can You Guess It?



Did you guess it? Find out at
<http://lanaster.unl.edu>
Did you guess it from the October NEBLINE?
The answer was a brown sac spider hiding in a pepper.

Community Conversation on Immigrants & Refugees

In October, more than 40 people attended a Community Conversation focusing on immigrants and refugees in the Lincoln community. The event was organized by University of Nebraska Community Outreach Partnership Center (COPC).

A panel of four immigrants discussed their experiences. They all said language was the biggest challenge they had to overcome. Other common challenges included trying to understand the rules of the country (for example, if there is an emergency, call 911).

The panelists mentioned local agencies which were helpful to them, such as the Lincoln Action Program, Lincoln Literacy Council and Southeast Community College (which offers English as a Second Language classes). They said they like Lincoln because it is small, safe, the people are friendly, and there are many job and educational opportunities.

After the panel discussion, attendees divided into small groups to discuss five questions. After small group discussions, answers were shared with everyone. The topic which generated the most discussion was, "What other things could Lincoln do to work with recent immigrants?" Some ideas included:

- Offer more ESL classes
- Network existing resources such as schools, churches and libraries
- Compile a booklet listing existing resources
- Classes for financial literacy



Panel members included (L-R) Viet Tran, Najem Alhajami, program moderator Amy Boren, Khamisa Abdallah and Pablo Cervantes.



Small group discussions focused on questions such as, "What is Lincoln doing to encourage interethnic communication?"

are needed

- Offer a type of welcome-wagon for immigrants
- Offer leadership training

Some ideas on how immigrants could help themselves included:

- Practice speaking English in a variety of opportunities
- Participate in neighborhood associations

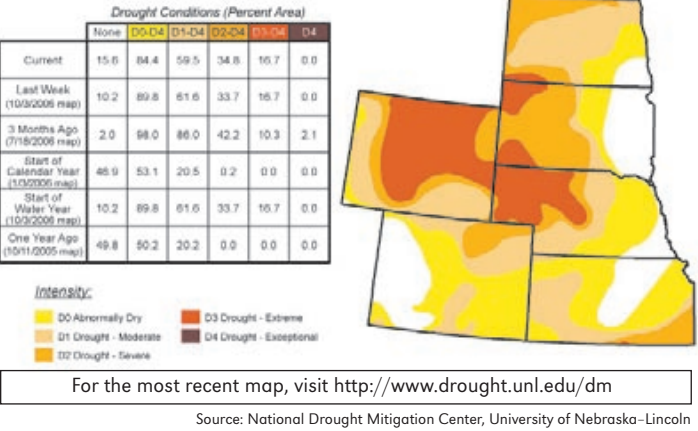
Stan Quy of the U.S. Department of Housing and Urban Development made

closing remarks. He said today's strategies should be to build win-win situations.

Co-sponsors of the Community Conversation included Lincoln Public Schools Community Learning Centers, U.S. Department of Housing & Urban Development, Nebraska Equal Opportunity Commission, Clinton Elementary School, Lincoln Community Cultural Centers and Lincoln Neighborhood Associations.

U.S. Drought Monitor Map

As of Oct. 10, Lancaster County was in abnormally dry conditions.



FREE

OPEN TO ALL YOUTH & FAMILIES

4-H Rabbit Clinic
Saturday, Nov. 11
9:30-11:30 a.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Learn about the 4-H Rabbit Program which is open to all youth ages 8-18.

SESSIONS INCLUDE:

- How do I get into 4-H
- Selection and Care of the Rabbit
- Information on Rabbit Breeds
- Showmanship
- Static Exhibits



For more information, call Rodney at 782-2186 or Marty at 441-7180

Sponsored by Lancaster County 4-H Rabbit VIPs Committee and Rabbits R Us 4-H Club

South Prairie 4-H Club Enjoys Successful First Year



The South Prairie 4-H club formed last January for youth in southern Lancaster County. Twenty six youth belong to the club and nine adults are involved as project leaders. The club has Clover Kids who are ages 5-7. Kendra Ronnau is organizational leader. One of the first projects the club did as a group was tie-dye shirts. The club has worked on a wide range of projects such as: cooking, sewing, woodworking, rabbits, poultry and dairy goats. Most club members exhibited projects at the Lancaster County Fair. A few members exhibited at the Nebraska State Fair. The club participated in the Hickman Haydays parade (pictured above). They recently held an end-of-year celebration with the Riding Wranglers 4-H club — the evening included a hay rack ride and songs/stories by Otto Rosfeld (sponsored by the Nebraska Humanities Council). The club will hold a reorganizational meeting in November. They may have room for additional members who live in the area, especially if additional volunteers can help as project leaders. For more information about the club, call Kendra at 792-3179. To help start a new 4-H club, contact UNL Extension in Lancaster County at 441-7180.